

Stay healthy, stop germs

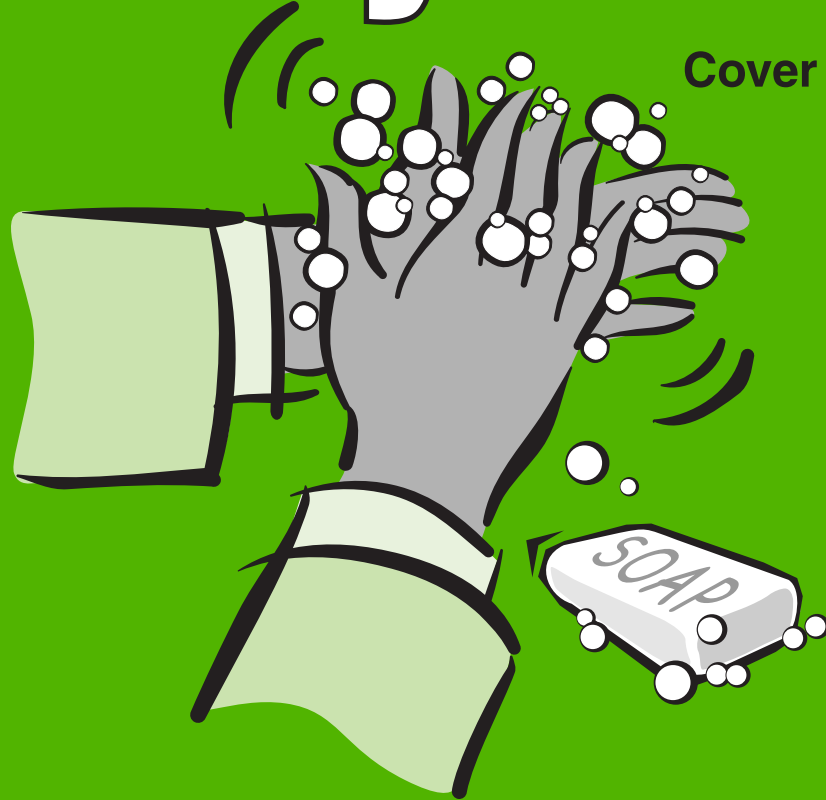
Cover your mouth and nose with tissue when coughing or sneezing.
If you don't have a tissue, cough and sneeze into your sleeve.

Wash your hands often, especially:

- after coughing, sneezing or using the bathroom
- before you touch your eyes, mouth or nose
- before you prepare food or eat

Wash your hands for at least 10 seconds.
If you don't have access to water, use an alcohol-based gel or wipe.

Please, stay home when you are sick.



PH Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.



City of Seattle



King County

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